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HOMEMAKERS' CHAT

U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

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SUBJECT: "Grow Your Own"...Information from the gardening specialists of the United States Department of Agriculture.

As a homemaker...what would you say is about your most important job? Well... of course you have a lot of different things to do. But certainly one that ranks at the top is keeping your family healthy. If you can manage to keep them feeling well, you know you're doing an excellent bit of work.

Part of keeping the family well is feeding them the right foods. We've heard enough slogans in the past four or five years to back up that statement. You know what I'm talking about. Things like..."You are what you eat." "Good food is good health." "Food fights for freedom". There are a number of them.

But did you know that last year, the nutritionists of the United States Department of Agriculture made a study of the American diet and found that the average person in this country could not get fruits and vegetables in the amounts needed? There just weren't enough to be had. For an adequate diet, the average American needed 50 percent more green and yellow vegetables. We need more tomatoes and citrus fruit too.

If we start now, we can avoid that this year. The surest way of getting enough fruits and vegetables is by growing them ourselves.

It takes a sunny garden spot; a lot of work...work that's really fun though; and a garden plan.

The time to get busy on that plan has come. You want to grow the foods you like best...the ones that grow best in your ground. If you'd like some help in making the plan, your local Victory garden leader or your county agricultural agent will be glad to advise with you.

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